

Household Commodity Fact Sheet

**BISON, GROUND, FROZEN**

Date: April 2009

Code: A634

PRODUCT DESCRIPTION

- Frozen ground bison is 100% bison with no more than 10% fat.

PACK/YIELD

- Ground bison is packed in a 2-pound package, which is about 8 servings of cooked meat (about 3 ounces each).

STORAGE

- Keep ground bison frozen at 0 degrees F until ready to use.
- After cooking, store any leftover ground bison in a tightly covered container that is not made from metal in the refrigerator. Use within 3 to 4 days.
- Look at the "Best if used by" or "Best by" date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- It is important to properly handle all ground bison to avoid spoilage or food poisoning.
- To thaw ground bison in the refrigerator, place wrapped ground bison on a plate or in a bowl on the lowest shelf to catch any drippings or juice. Thaw overnight or for at least 10 to 12 hours.
- To thaw ground bison in the microwave, place unwrapped ground bison on a microwave safe plate or bowl and use defrost or medium-low setting; microwave 2 minutes; let stand 2 minutes. Repeat as needed. Turn ground bison regularly as it thaws. Be sure ground bison is covered to reduce splattering.
- Cook immediately after thawing; ground bison should be cooked to an internal temperature of 160 degrees F. Only a food thermometer can show the right temperature. You cannot tell if food is cooked safely by how it looks; ground bison that is brown in the middle is not necessarily cooked completely.

- DO NOT thaw ground bison on countertops or at room temperature.

USES AND TIPS

- Ground bison may be used in place of ground beef in most recipes.
- Ground bison may be made into hamburgers or mixed into casseroles, soups, stews, meatloaf, meatballs, and sauces.

NUTRITION FACTS

Serving size: 3 ounces (85 g) cooked ground bison

Amount Per Serving

Calories	200	Calories from Fat	120
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% Daily Value*

Total Fat 13g	20%	
Saturated Fat 5g	27%	
Trans Fat 0g		
Cholesterol 70mg	24%	
Sodium 60mg	3%	
Total Carbohydrate 0g	0%	
Dietary Fiber 0g	0%	
Sugars 0g		
Protein 20g		
Vitamin A 0%	Vitamin C	0%
Calcium 2%	Iron	15%

*Percent Daily Values are based on a 2,000 calorie diet.

Household Commodity Fact Sheet UNITED STATES DEPARTMENT OF AGRICULTURE

See back for more information.

NUTRITION INFORMATION

- 3 ounces of cooked bison counts as 3 ounce towards in the MyPyramid.gov Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces. A serving size is about 3 ounces.
- 3 ounces of cooked ground bison provides 15% of the daily recommended amount of iron.

FOOD SAFETY INFORMATION

- Ground bison may contain bacteria that can cause illness if it is mishandled or cooked improperly. For your protection, keep refrigerated or frozen. Follow proper thawing directions listed under Preparation/Cooking and keep raw meat and poultry separate from other foods. Wash working surfaces (including cutting boards), tools, and hands after touching raw meat or poultry. Cook thoroughly. Keep hot foods hot. Refrigerate leftovers immediately or throw away.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov
- For more recipes, go to: http://www.fns.usda.gov/fdd/recipes/hp_cookbooks.htm

BISON MEAT SAUCE

MAKES ABOUT 6 SERVINGS

Ingredients

- 1 pound frozen ground bison, thawed
- 1 onion, chopped
- 3 garlic cloves, chopped
- 2 carrots, peeled and chopped
- 1 green pepper, seeds removed and chopped
- 1 can (about 6 ounces) tomato paste
- 1 can (about 15 ounces) diced tomatoes
- 2 teaspoons dried basil (if you like)
- 2 teaspoons sugar
- Black pepper to taste

Directions

1. Cook bison, onion, and garlic in a medium-size saucepan over medium heat until the meat is browned and cooked evenly.
2. Add carrots, pepper, tomato paste, and diced tomatoes. If using basil, add that too.
3. Cook for 1 hour on low heat. Stir in the sugar.
4. Serve over pasta or rice.

Nutritional Information for 1 serving (about ½ cup) of Bison Meat Sauce					
Calories	230	Cholesterol	55 mg	Sugar	9 g
Calories from Fat	110	Sodium	270 mg	Protein	17 g
Total Fat	12 g	Total Carbohydrate	14 g	Vitamin A	200 RAE
Saturated Fat	5 g	Dietary Fiber	3 g	Vitamin C	30 mg
				Calcium	58 mg
				Iron	5 mg

Recipe adapted from Recipezaar.com

BISON STEW**MAKES ABOUT 6 SERVINGS****Ingredients**

- 1 pound frozen ground bison,
- 2 tablespoons vegetable oil
- 1 onion, chopped
- 2 carrots, peeled and sliced
- 2 potatoes, cut into cubes
- 1 cup canned tomatoes, undrained
- 1 can (about 15 ounces) canned tomato sauce
- ½ teaspoon black pepper
- ½ cup water, if needed

Directions

1. Heat oil in a medium-size saucepan over medium heat. Add bison and cook until browned, then add onions and cook until soft.
2. Add carrots, potatoes, tomatoes, and pepper. Cook for 1 hour over low heat.
3. If stew is too thick, add water and cook for 15 more minutes.

Nutritional Information for 1 serving (about 1 cup) of Bison Stew

Calories	310	Cholesterol	55 mg	Sugar	7 g	Vitamin C	16 mg
Calories from Fat	150	Sodium	500 mg	Protein	17 g	Calcium	55 mg
Total Fat	17 g	Total Carbohydrate	23 g	Vitamin A	270 RAE	Iron	4 mg
Saturated Fat	6 g	Dietary Fiber	4 g				

Recipe adapted from RecipeZaar.com.